

PASTURE AND PLENTY

MAY 4, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Spring is springing, friends! And, boy, are we excited to have the first fresh lettuce heads of the season from our friends at Vitruvian Farms! We had been planning a different meal entirely, but when Farmer Tommy let us know that they had buttery sweet and delicate baby gem lettuce heads available, we pivoted in a heartbeat to a Southwestern-inspired salad kit. We hope you enjoy this special treat... we've been looking forward to this time of year for so long!



Southwestern salad kit with tempeh crumbles, tortilla strips and zesty jalapeño ranch



three cup tofu and vegetables with sesame scallion brown rice



smothered sweet potato and pinto bean burritos with salsa verde



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

- Vitruvian Farms
- Bandung
- Winterfell Acres
- Jenny's Tofu
- Driftless Organics
- Kingston Farming Cooperative
- Saffi Saana

EXTRA GOODNESS

dark chocolate sea salt brownie

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Sugar, chocolate, butter, ap flour, brown sugar, eggs, cocoa powder, salt, vanilla extract.

Contains: Milk, wheat, egg.

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

Southwestern salad kit with tempeh crumbles, tortilla strips and zesty jalapeño ranch

PREP & COOK TIME

30
MINUTES

IN YOUR BAG

Vitruvian Farms Head Lettuce

Tortilla Strips

Zesty Jalapeño Ranch

Queso Fresco

Tempeh Crumbles

Pickled Red Onion and Jalapeño

Vegetable Bag

PAIR WITH

the fruity and spicy Zillamina Organic Spanish Red Wine

or the crisp and balanced Two Women Lager from New Glarus

- 1 Prep your vegetables! First, cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce; once cut, wash and dry it. Wash and dry the other vegetables. Trim ends off of cucumbers and radishes, cut into bite sized pieces. Peel, trim and shred carrots. Cut cherry tomatoes in half.
- 2 Reheat the tempeh crumbles in a pan over medium-low heat (if desired) for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of oil if needed to prevent sticking.
- 3 In individual large bowls (or plates), layer the salad as follows: lettuce, then drizzle about half of the zesty ranch over it, scatter on the fresh vegetables, as well as the pickled red onion and jalapeño.
- 4 Top the salads with the tempeh crumbles, drizzle with the remainder of the zesty ranch and sprinkle tortilla chips and queso fresco over everything. Enjoy!

Tortilla Strips: Tortilla (corn, water, lime, sodium propionate, potassium sorbate, phosphoric acid, corn flour), canola oil, salt

Zesty Jalapeno Ranch: Buttermilk, sour cream, mayonnaise, lime juice, jalapeño, smoked paprika, olive oil, salt

Queso Fresco: Pasteurized grade A whole cow's milk, salt, enzymes, cultures

Tempeh Crumbles: Tempeh (Soybean, apple cider vinegar, water, rhizopus oligosporous [tempeh culture]), pasilla chile, guajillo chile, ancho chile, paprika, cumin, cayenne, garlic powder, onion powder, ground coriander, pepper

Pickled Red Onion & Jalapeno: Red onion, jalapeño, white wine vinegar, apple cider vinegar, rice wine vinegar, sugar, salt

Vegetable Bag: Radish, cucumber, carrot, cherry tomato

Vitruvian Farms Head Lettuce

Contains: Milk, egg, soy

② READY-TO-EAT

three cup tofu and vegetables with sesame scallion brown rice

Heat three cup tofu and vegetables and sesame scallion brown rice in separate sauté pans over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Divide rice onto plates and plate three cup tofu and vegetables on top. Dig in!

Three Cup Tofu: Tofu (organic whole soybeans, water, calcium sulfate), broccoli, red bell pepper, carrot, oyster mushroom, shiitake mushroom, bok choy, ginger, garlic, lemongrass, shaoxing wine, soy sauce, sesame oil, mirin, brown sugar, Thai basil, rice vinegar, cornstarch, olive oil, sesame seed, Thai chile

Sesame Scallion Brown Rice: Brown rice, sesame oil, sesame seed, scallion, salt

Contains: Soy, sesame, alcohol, wheat, mushroom

③ FARM-TO-FREEZER

smothered sweet potato and pinto bean burritos with salsa verde

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
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M 3:30pm-7:30pm T-F 9am-7pm
SAT 9am-2pm